

Riboflavin

Functions:

- ♦ Interaction with vitamins A, K, B6, niacin & folate
- ♦ Production of energy
- ♦ Metabolism
- ♦ Antioxidant

Recommended Daily Amount:

1.2-1.8 milligrams

Toxicity Symptoms:

None have been reported, but no benefits of megadosing have been shown in the healthy individual

Deficiency Symptoms:

- ♦ Weakness & fatigue
- ♦ Burning & itchy eyes
- ♦ Lesions of the lips
- ♦ Inflammation of the tongue
- ♦ Red or bloody mouth
- ♦ Dermatitis
- ♦ Personality changes
- ♦ Brain & peripheral nerve dysfunction
- ♦ Vitamins B6 & niacin deficiency
- ♦ Anemia

Conditions

Contributing to Deficiency:

- ♦ Alcoholism
- ♦ Use of some medications
- ♦ Congenital heart disease
- ♦ Thyroid disease
- ♦ Diabetes mellitus
- ♦ Stress, trauma or infection
- ♦ Malabsorption from Tropical sprue/celiac disease
- ♦ Bile duct obstruction
- ♦ Resection
- ♦ Malignancy

Best Food Sources:



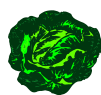
Liver



Beef



Pork



Milk

Yogurt

Other dairy products

Brewer's yeast

Broccoli

Dark leafy greens

Brussels sprouts

Enriched cereals